



CALIFORNIA

LUPUS COMMUNITY

RESOURCE GUIDE

*Supplemental State Resources to the
LFA National Community
Resource Guide*

CALIFORNIA LUPUS COMMUNITY RESOURCE GUIDE

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INTRODUCTION

Lupus is a chronic (long-term) autoimmune disease. An autoimmune disease is when the body attacks itself instead of just fighting germs. When this happens, it causes inflammation. When you have lupus, inflammation can happen in any part of your body.

In your joints or skin, inflammation can feel like swelling, redness, or pain. When inflammation affects an organ inside your body, it can feel different. For example, when inflammation attacks the brain, it can cause confusion. When it attacks the lungs, it can make it hard to breathe. Sometimes, inflammation from lupus can cause permanent damage to the body, so it's important to treat it as soon as possible.

About the Lupus Foundation of America

The Lupus Foundation of America (LFA) is dedicated to improving the quality of life for all people affected by lupus through programs of research, education, support, and advocacy.

Since 1977, the LFA has made pioneering contributions toward ending the brutal impact of this misunderstood and unpredictable disease.

We have redefined lupus research beyond just awarding grants and are tackling lupus from every direction to identify the causes of lupus, discover better ways to control symptoms, and, ultimately, find a cure for lupus. We do this while providing care and support for everyone affected by this devastating disease and leading advocacy efforts to bring more funding for research and services.

Use this guide to find financial assistance resources available. If you still need help, reach out to Lupus Foundation of America Health Education Specialists at 800-558-0121 or [Lupus.org/ask-an-educator](https://lupus.org/ask-an-educator).

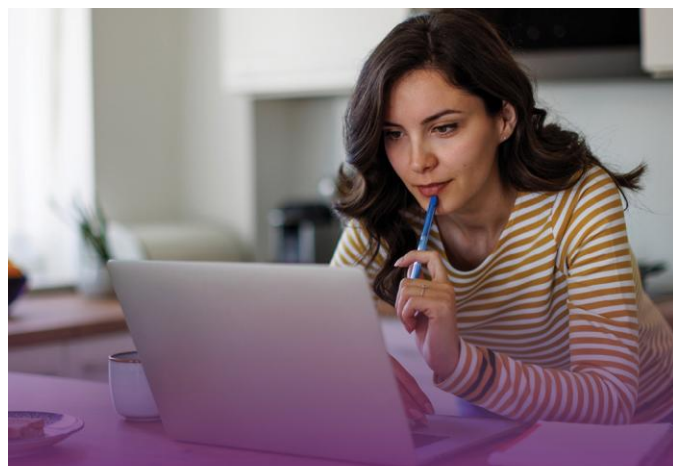
How To Use This Guide

This guide is designed to help you quickly find support and assistance programs available in your state. The resources included here are specific to California and may connect you to local services, agencies, and organizations that serve people in your area. Some assistance programs may only be available in specific counties, cities, or zip codes (neighborhoods).

This state guide is a supplement to the Lupus Foundation of America's National Lupus Community Resource Guide, that includes programs and organizations available across the United States. We encourage you to use both guides together. The National Community Resource Guide provides a listing of nationwide resources, while this guide helps you find resources specific to your state. The LFA National Lupus Community Resource Guide is available at [Lupus.org/financial-assistance](https://lupus.org/financial-assistance)

Many resources only have websites or require you to visit their websites to find a local program or apply for assistance. Here are some tips if you do not have a computer or internet access:

- Visit your local library, community center, or schools. Many of these places offer free access to computers with internet connection.
- If you have a smartphone, you can use your mobile data or find places with free Wi-Fi like the library, cafes, or other public spaces to access websites.
- Some nonprofit organizations or community programs provide access to computers and the internet.
- Ask a friend or family member to help you look up information or share their computer.



TIPS FOR FINDING FINANCIAL ASSISTANCE RESOURCES:

When you're struggling, finding the resources you need can be overwhelming. Here are some helpful tips:

- Reach out to several assistance organizations. If you don't qualify for one program, you may qualify for a different one.
- Frequently check program availability. Fund availability often changes throughout the year.
- If you have other conditions or diseases, search for any funds available for those conditions.
- Look for other types of financial assistance programs (food, utilities, etc.) and free up your funds for medical care.

NOTE: The Lupus Foundation of America does not endorse any community resource or guarantee the quality of services provided. This guide is intended to help you locate resources in your area. This resource guide is not exhaustive, and the resources are not listed in any specific order.

LUPUS FOUNDATION OF AMERICA RESOURCES

Educational Materials

Lupus Foundation of America

Website: [Lupus.org](https://lupus.org)

Downloadable Lupus Information Packet:

[Lupus.org/packet-download](https://lupus.org/packet-download)

Phone Number: 800-558-0121

Learn Ways to Better Manage Your Lupus

Lupus self-management skills can make your life with lupus a little easier.

Website: [Lupus.org/resources/learn-ways-to-better-manage-your-lupus](https://lupus.org/resources/learn-ways-to-better-manage-your-lupus)

Local Support and Programs

The LFA's network of chapters and regional offices across the country can help you find local events, resources, support groups and ways to get involved in the fight to end lupus.

Website: [Lupus.org/Chapters](https://lupus.org/Chapters)

Lupus Nephritis (LN) Information Center

Our LN Information Center offers resources on understanding, diagnosing and treating lupus nephritis.

Website: [Lupus.org/resources/lupus-nephritis-resources](https://lupus.org/resources/lupus-nephritis-resources)

Support Groups

LFA's support groups provide a safe and understanding environment where people with lupus can come together to ask questions, listen to others or lend a helping hand.

Website: [Lupus.org/find-support](https://lupus.org/find-support)

Webinars and Other Events

LFA hosts a variety of events, both in-person and virtual.

Website: [Lupus.org/find-events](https://lupus.org/find-events)

Contact and Additional Support

LFA Health Education Specialists

LFA health educators can provide non-medical support, disease education, information and helpful resources to all people affected by lupus.

Website: [Lupus.org/ask-an-educator](https://lupus.org/ask-an-educator)

Email: info@lupus.org

Phone Number: 800-558-0121

Recursos en Español

Centro Nacional de Recursos sobre el Lupus

Una colección de recursos e información sobre el lupus, para tomar decisiones informadas:

[Lupus.org/resources-es](https://lupus.org/resources-es)

Pregúntele a una educadora de la salud

Nuestras especialistas en educación de la salud están disponibles para responder preguntas desde el diagnóstico hasta el tratamiento y el control.

Llámenos al 800-558-0121 o llene el formulario en este enlace: [Lupus.org/educator-es](https://lupus.org/educator-es)

Grupos de Apoyo Para Personas Hispanas

Grupo de apoyo para personas Hispanas-Latinas que viven con lupus: [Lupus.org/find-support](https://lupus.org/find-support)

Tome Control (Take Charge)

Una serie de correos electrónicos de 12 semanas diseñada para ayudar a las personas con lupus a controlar su enfermedad: [Lupus.org/tome-control](https://lupus.org/tome-control)

MEETING YOUR BASIC NEEDS

Food Assistance

211 California

Connects residents to local food pantries, meal programs, and grocery assistance programs by ZIP code.

Website: 211ca.org

Phone Number: 2-1-1

CalFresh (California SNAP Program)

Provides monthly food benefits to eligible individuals and families to purchase groceries.

Website: getcalfresh.org

Phone Number: 877-847-3663

California Association of Food Banks

Statewide network that connects residents to local food banks and distribution sites.

Website: cafoodbanks.org

Phone Number: 916-498-3600

California WIC Program

Provides healthy foods, nutrition education, and breastfeeding support for pregnant individuals and children under age 5.

Website: myfamily.wic.ca.gov

Phone Number: 800-852-5770

Emergency Food Assistance Program

Provides USDA foods through food banks and community distribution agencies for income-eligible households.

Website: cdss.ca.gov/food-nutrition/tefap

Phone Number: 916-651-8848

Find Help

Search free or low-cost food resources by ZIP code.

Website: findhelp.org

Project FoodBox Medi-Cal Food as Medicine Program

Delivers medically tailored groceries or meals to eligible health plan members with chronic conditions at no cost when covered by participating Medi-Cal plans.

Website: projectfoodbox.org

Phone Number: 949-673-0783

Housing and Utilities

211 California

Referrals to shelters, rental assistance, eviction prevention programs, and utility assistance.

Website: 211ca.org

Phone Number: 2-1-1

California Continuums of Care (CoC)

Local coordinated entry systems connecting residents to shelters, rapid rehousing, and supportive housing services.

Website: homelessstrategy.com/california-continuums-of-care

California Housing Finance Agency (CalHFA)

Affordable housing programs and renter/homeowner assistance information.

Website: calhfa.ca.gov

Phone Number: 877-922-5432

California LIHEAP (Low-Income Home Energy Assistance Program)

Financial assistance for heating and cooling utility bills.

Website: csd.ca.gov/Pages/LIHEAPProgram

Phone Number: 866-675-6623

In-Home Supportive Services (IHSS)

Personal care assistance to help individuals with disabilities safely remain in their homes.

Website: cdss.ca.gov/in-home-supportive-services

Phone Number: 866-613-3777

Mental Health and Safety (Mental Wellness, Domestic Violence, Child Safety, Human Trafficking)

211 California

Connects callers to crisis shelters and emergency safety services.

Website: 211ca.org

Phone Number: 2-1-1

988 National Suicide and Crisis Lifeline

Offers free and confidential support for people in distress, along with prevention and crisis resources.

Website: 988lifeline.org

Phone Number: 9-8-8 or 800-273-7233

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California Child Abuse Reporting Hotline

Report suspected child abuse or neglect and receive assistance.

Website: cdss.ca.gov/reporting/report-abuse/child-protective-services/report-child-abuse

Phone Number: 800-540-4000

California Coalition to Abolish Slavery & Trafficking (CAST)

Support services and referrals for survivors of human trafficking.

Website: castla.org

Phone Number: 123-123-4567

California County Behavioral Health Access Lines (Medi-Cal)

Each California county operates a Behavioral Health Access Line that connects residents to mental health assessments, therapy, psychiatry, medication management, and crisis services. Services are available for Medi-Cal members and many uninsured residents. Callers are screened and scheduled with appropriate providers or programs in their county.

Website: dhcs.ca.gov/individuals/Pages/MHPContactList

California Partnership to End Domestic Violence

Statewide referrals to domestic violence shelters and advocacy organizations.

Website: cpedv.org

Phone Number: 888-539-2373

Transportation

211 California

Helps locate local transportation programs including rides to medical appointments.

Website: 211ca.org

Phone Number: 2-1-1

California Department of Aging Transportation of Assistance

Transportation programs for older adults and individuals with disabilities through Area Agencies on Aging.

Website: aging.ca.gov

Phone Number: 800-510-2020

Medi-Cal Non-Emergency Medical Transportation (NEMT)

Transportation to medical appointments for Medi-Cal recipients through their health plan.

Website: dhcs.ca.gov/services/medi-cal

Phone Number: 800-541-5555

HEALTHCARE AND WELL-BEING

Dental Care

Medi-Cal Dental (Denti-Cal)

Provides free or low-cost dental services for eligible Medi-Cal members including exams, cleanings, X-rays, fillings, and medically necessary procedures.

Website: smilecalifornia.org

Phone Number: 800-322-6384

California Dental Association Foundation Volunteer Dental Clinics

Connects low-income residents to free and reduced-cost dental clinics and community dental events throughout California.

Website: cdfoundation.org

Phone Number: 916-554-5860



ADDITIONAL TIPS FOR FINDING TRANSPORTATION ASSISTANCE:

- **Local transit companies or organizations:** Start by contacting your local and regional transit organizations. Ask if they have any mobility management programs.
- **Contact your state:** Local aging or disability organizations may be able to provide free or discounted transportation if you meet certain criteria.
- **Check your insurance benefits:** If you have Medicaid, your benefits may include assistance with transportation to and from medical appointments. Call your caseworker or the office in charge of Medicaid in your area to see if help is available.
- **Check with rideshare services:** Ride share services often have options for those that need transportation assistance.

ADDITIONAL TIPS FOR FINDING MEDICAL CARE AND MEDICATIONS:

- **Charity Care:** Typically offered by hospitals and healthcare organizations to discount or help cover the costs of visits, treatments, procedures, or services. Contact your local hospital, healthcare provider, or organization providing your care to see what programs they offer and if you qualify.
- **Medicaid and Medicare:** Provide assistance for low-income individuals, seniors and those with disabilities. Eligibility varies, so it's important to check the requirements for each.
- **Discount Pharmacies:** Some large retail stores with pharmacies carry generic versions of medicines — these are cheaper than name brand medicines but work exactly the same way. Ask your doctor if you can switch to a generic version.
- **Discount Card:** Consider using a prescription discount card if you do not have insurance such as NeedyMeds Drug Discount Card or others available online. These cards are designed to provide lower medication costs when you pay cash. There's no cost to use a discount card. You can use them with insurance too, but anything you pay will not count towards your deductible.

Medical Care (includes providers, co-pay help, medication assistance and low cost diagnostic lab tests)

California Department of Public Health County Clinics

Preventive care, screenings, immunizations, and referrals through county public health clinics.

Website: cdph.ca.gov

Phone Number: 916-558-1784

California Health Care Safety Net Institute Public Hospital Systems

Network of county hospitals and University of California medical centers that provide comprehensive care for uninsured and underinsured patients, serving over 3.7 million people annually.

Website: safetynetinstitute.org/about/members

Phone Number: 510-874-7100

Family PACT (Planning, Access, Care & Treatment Program)

Provides free family planning and related preventive health services for eligible California residents.

Website: familypact.org

Phone Number: 916-650-0414

UC San Diego Health Hospital Charity Care Financial Assistance Programs

UC San Diego Health provides financial assistance to help eligible patients receive medically necessary care.

Website: health.ucsd.edu/insurance-billing/financial-assistance/

Phone Number: 855-827-3633

Reminder: This state guide is designed to supplement the Lupus Foundation of America's National Lupus Community Resource Guide, which includes nationwide programs and assistance resources. In addition to the state-specific medical care resources listed here, the national guide includes patient assistance programs and other resources that may help with the cost of medications, treatment, and care. We encourage you to use both guides together.

Navigating Health Insurance

Covered California

Enrollment assistance and comparison of health insurance plans in California's marketplace.

Website: hbex.coveredca.com/

Phone Number: 800-300-1506

Medi-Cal (California Medicaid Program)

Health coverage for eligible low-income residents.

Website: dhcs.ca.gov/services/medi-cal

Phone Number: 800-541-5555

Program of All-Inclusive Care for the Elderly (PACE)

Coordinated medical and social care program providing primary care, specialists, medications, therapies, and home support services so eligible adults can remain living at home instead of a nursing facility.

Website:

dhcs.ca.gov/services/ltc/Pages/programofall-inclusivecarefortheelderly

Phone Number: 916-713-8444

GETTING THE SUPPORT YOU NEED

Child Care

211 California

Referrals to local child care providers and assistance programs.

Website: 211ca.org

Phone Number: 2-1-1

California Child Care Resource & Referral Network

Helps families find child care and determine eligibility for financial assistance.

Website: rrnetwork.org/families

Phone Number: 415-882-0234

CalWORKs Child Care Program



ADDITIONAL TIPS FOR FINDING CHILD CARE ASSISTANCE:

- **Local assistance and scholarships:** Local nonprofit organizations and individual child care providers may offer fee assistance or scholarships. Ask the providers that you are considering if they offer any child care assistance or scholarships.
- **Sibling discount:** Some child care programs offer a discount to families that enroll siblings. They may take a percentage or a specific dollar amount off of a child's weekly or monthly fee. They may also waive the registration fee or other fees. If you need care for more than one child, ask providers whether they offer sibling discounts.
- **Military discount:** Some civilian child care providers (not associated with military child care) offer discounts for military service members. Ask potential providers if they offer a military discount.

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Financial assistance for child care for eligible low-income families.

Website: cdss.ca.gov/calworks

Phone Number: 877-847-3663

Disability (SSDI)

Disability Rights California

Legal advocacy and assistance accessing disability services and benefits.

Website: disabilityrightscalifornia.org

Phone Number: 800-776-5746

Education / School (includes scholarships)

Cal Grant – California Student Aid Commission

Financial aid grants for eligible California college students.

Website: csac.ca.gov

Phone Number: 888-224-7268

California College Promise Grant

Waives community college enrollment fees for eligible students.

Website: cccapply.org

Employment (includes unemployment)

California Unemployment Insurance

Temporary income support for eligible unemployed workers.

Website: edd.ca.gov/en/unemployment/

Phone Number: 800-300-5615

California Department of Rehabilitation (DOR)

Employment training and workplace accommodation services for individuals with disabilities.

Website: dor.ca.gov

Phone Number: 916-558-5800

Legal Aid

LawHelp CA

A statewide online directory that helps California residents find free and low-cost legal aid organizations and self-help legal resources. The website allows users to search by location and legal issue, including areas such as employment, housing, public benefits, health care access, family law, and consumer rights.

Website: lawhelpca.org

General Financial Assistance

211 California

Central referral for emergency financial assistance and community resources.

Website: 211ca.org

Phone Number: 2-1-1

CalWORKs Cash Aid Program

Provides cash assistance and employment support services for eligible low-income families.

Website: cdss.ca.gov/calworks

Phone Number: 877-847-3663

Find Help

Search free or low-cost food resources by ZIP code.

Website: findhelp.org

Lutheran Social Services of Southern California

Provides food assistance, housing support, workforce training, mental health services, and case management programs for vulnerable individuals and families.

Website: lsssc.org

Phone Number: 877-577-7267

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